

Growing Healthy Families

BENNINGTON DISTRICT OFFICE • Vermont Department of Health, WIC Program
324 Main Street, Suite 2, Bennington, VT 05201 • 1-802-447-6408 or 1-800-637-7347

All activities are FREE
of charge!

Breastfeeding basics

First Wednesday of each month
December 2, January 6 and
February 3

1:00–2:00 p.m.

Vermont Department of Health
WIC Office

324 Main Street, Bennington

Are you planning to nurse? Not quite sure? Join WIC Breastfeeding Peer Counselors and learn how to get a good start in the hospital and early weeks. Light refreshments. Partners, friends, family members welcome!

Call 447-6411 for more information.

Breastfeeding basics

Second Wednesday of each month
December 9, January 13, and
February 10

6:00–8:00 p.m.

Southwestern Vermont Medical
Center

Women's and Children's Services
3rd Floor, Conference Room

A certified lactation consultant leads this instructional session about the benefits mom and baby receives from breastfeeding. Includes hands-on practice and information about what to expect.

Call 447-5160 for more information.

Back to work or school and breastfeeding

Tuesday, December 15 and
February 23

1:00–2:00 p.m.

Vermont Department of Health
WIC Office

324 Main Street, Bennington

Going back to work or school doesn't mean breastfeeding has to end. There are many ways you can make it work for you. Topics include pumping and storing your milk, maintaining a good milk supply, working with your childcare provider and how to talk with your human resource manager, supervisor, or student advisor about your needs when returning to work or school. Babies are welcome in class!

Call 447-6411 for more information and to preregister.

Secrets of baby behavior

Tuesday, January 26

10:00–11:00 a.m.

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It can be hard to know what your newborn baby is trying to communicate to you when he/she can't talk!! Understanding your baby can help you feel less stressed and more confident in caring for your newborn. Learn how to recognize hunger cues, sleep patterns, reasons for crying and solutions to common concerns. Fathers and grandparents welcome!

For more information or to preregister, call 447-6411.

For more baby behavior tips, go to www.secretsofbabybehavior.com.

Black bean brownies

Friday, February 26; 1:00–2:00 p.m.

WIC Office, 324 Main Street, Bennington

Black beans in your brownies?! We know it sounds crazy but what if that deep, dark, rich, chocolate brownie is a healthy brownie? Black beans are not only a great source of fiber and protein but they also supply us with much needed iron and folate. These brownies are a breeze to whip up and very yummy! Join us and learn how to make this healthy, melt-in-your mouth version of a classic.

FIT WIC FUN AND GAMES PAGE

Fun in the snow!

Try these fun winter activities to play in the snow.

Catch Me

This is best in freshly fallen snow.

Procedure: Follow each other's footprints in freshly fallen snow. When fresh snow isn't packed, it will take double the effort (and double the fun!) for both you and your child to walk.

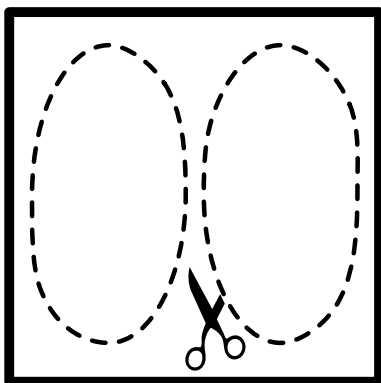
Take turns running after each other in the snow. Make it even more fun by bringing out noisemakers and having a parade through the snow!

Snowshoe Walk

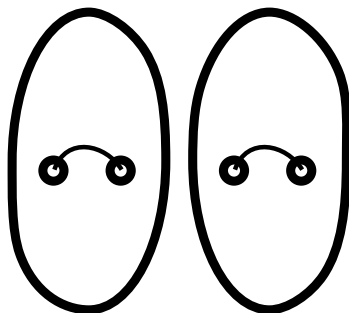
This is best in packed snow.

Procedure: Snowshoes are a lot of fun. If you don't have your own, you may be able to borrow or rent snowshoes from your local recreation center or school. Call to find out. Snowshoes make walking in deep snow easier.

Kids can make their own "snowshoes" with your help by cutting cardboard boxes into an oval shape (or use 2 shoe boxes), punch 2 holes in the center each, and threading a long shoelace (or elastic) through the center which can be tied over your child's boots. Have your child "skate" over the snow. This works best when the snow is a little bit packed.



cut cardboard



or use shoe boxes